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Diabetic Blueberry Muffins

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Ingredients

- 1 cup frozen blueberries
- 3 cups almond flour
- 4 eggs
- 2/3 cup sweetener of choice
- 5 oz of Plain Greek yogurt
- 1tbs baking powder
- 1 tsp vanilla

Directions

1. Preheat the oven to 375° F
2. Whisk the eggs and then add the yogurt, vanilla & swerve and mix together.
3. Add almond flour and baking powder and mix. Carefully fold in the blueberries. Divide batter into 10. Bake for 25 minutes.
4. Allow to completely cool before eating